

# October 2006

# Great Living ...After Fifty-five!

Senior Adult Program

Lynchburg Parks & Recreation (434) 455-4000

 - Advance registration with payment is required.  - Phone in to register, payment if applicable accepted on site.

## City Wide Fall Fun Day in the Park

**Date:** Friday, October 6

**Time:** 11:00 AM

**Where:** Miller Park Pavilion, If rain, Fairview Center

**Cost:** \$3 per ticket

**Purchase tickets by:** 10/3

Enjoy the beginning of fall with a big bowl of chili, games, music, prizes, classic car show and more! Tickets on sale now at Main office, Centers and with Ralph, the Senior Adult van driver.

## Yoga

**Activity #:** 74206.320

**Date:** Tuesdays, October 3, 10, 17, 24 & 31

**Where:** Templeton Center

**Time:** 8:45 AM

**Cost:** \$20 CR; \$30 NR

**Register & pay:** Immediately



Learn this form of slow, controlled exercise that combines stretching, breathing and holding postures as a certified fitness instructor guides you through the class. No experience is necessary and poses will be adapted to ability levels. Wear comfortable clothes that allow for complete movement.

## City Wide Halloween Party

**Activity #:** 73003.320

**Date:** Tuesday, October 31

**Where:** Templeton Center

**Time:** 1:00 PM – 3:00 PM

**Register by:** 10/27

Enjoy an afternoon of music, games and food. Whether you come in costume or not, plan on having some ol' fashion fun. See you there!



## Health and Wellness Fair

**Date:** Tuesday, October 10

**Where:** Templeton Center

**Time:** 10:00 AM – 1:00 PM



Good health maintenance and preventive care are essential for a long and healthy life. Come and check out what's available to you:

• Free Bone Mass Density Test • Free PSA Test • Nutrition Booth • Breast Health Education • Yoga Demonstration • Dr. Michael Curl of Harman Eye Clinic will be providing free eye screenings, plus more displays, lectures and demonstrations. Please call to pre-register for the test and screenings.



## Fall Fiesta Dance



**Friday, October 20**

**Forest Recreation Center**

**(near intersection of Rt. 221 & 811)**

**8 – 11 PM**

**\$7 Advance / \$10 At the Door**

**Tickets on sale now at Main Office, Centers and Tom Jones Drug**

Que'paso? What's happening? It's fiesta time! Don your bright colors and dancing shoes for the annual fall dance, featuring the ever-popular celebrity DJ, Sandi Conner, of 97.9 Bob FM, always playing a wide assortment of music you choose. Light refreshments include some south-of-the-border favorites sure to satisfy the most parched and pale hombres. Door prizes, photo opts, and dance contests make this evening one you don't want to miss. See you there—Ole! \*Transportation is available to City residents.

\*(Minimum # of transportation requests required)

## Horseshoe Tournament

**Activity #:** 73709.320

**Date:** Sunday, October 15<sup>th</sup>

**Time:** 2:00 PM

**Where:** Miller Park Horseshoe Pits

**Cost:** Players pay \$10 Advance / \$15 Day of event

Come join the fun of pitching horseshoes at Miller Park in the newly renovated clay pits. Tournament is double elimination and teams will be drawn by number. Trophies awarded to top three winners. Concessions available by Daddy Bim's Barbeque. Parking available at the end of Marsh St. off of Fort Ave. You may want to bring a lawn chair for your comfort.



# JUST FOR FUN

## **Musical Memories**

**Date:** Friday, October 13

**Where:** College Hill

**Time:** 11:00AM

"Musical Memories" will bring the Big Band sound alive and the joint will start hopping as Joe Gantt and George Goodman entertain us. Joe plays the harmonica and George plays the trumpet, and they have back-up music to fill the room with sounds from the past.

## **Autumn Game Night @ Meadowbrook Covered Dish**

**Date:** Thursday, October 19

**Where:** Meadowbrook Apts.

**Time:** 5:30 PM (covered-dish dinner) 6:30 PM (games begin)

**Bring:** Covered Dish

Lots of fun, games and prizes follow the covered dish dinner this month. You need not be a Meadowbrook resident to come and enjoy the good times. There are many games to choose from – including Bingo – and prizes will be furnished. If you can't make the dinner, be sure to come for the fun afterwards. Don't miss it!

## **Mahjong Players Club**

**Activity #:** 73603.320

**Date:** Thursday, October 26

**Where:** Meadowbrook Apts.

**Time:** 10:30 AM

**Register by:** 10/24

This monthly group has great fun with this unusual game. Similar to gin rummy, but played with tiles instead of cards, this ancient Chinese game challenges players to get a winning hand and score the most points thru matching the tiles into certain patterns. Some instruction will always be available to newcomers. Come and see if Mahjong is for you.



## **Sports & Fitness**

### **Strength and Balance Exercise Classes**

**Activity #:** 74204.320

**Date:** October 3 - 26

**Days:** Tuesdays & Thursdays

**Where:** Templeton Center

**Time:** 1:00 pm - 2:00 pm

**Cost:** \$20 CR; \$30 NR

**Register and pay by:** 10/2

Certified instructors will guide you through the program as you increase your strength and improve your balance throughout this 4-week program. Regular exercise is the best way to ensure better health and overall well being. The best time to start is now!

### **Walk & Stretch Class**

**Activity #:** 74205.320

**Date:** Tuesdays & Thursdays beginning October 3

**Time:** 9:00 – 10:00 AM

**Where:** Ed Page Entrance of Black Water Creek Trail

**Cost:** \$10

**Register and pay immediately**

Join certified fitness instructors from Adult Health & Fitness in this new monthly exercise opportunity. Stretching helps to increase range of motion and reduce joint stress making daily activities easier to perform. Walking helps to reduce the risk of heart disease and stroke, lowers blood pressure, reduces body weight and increases bone density. Combining the two is an excellent way to reduce lower back pain and improve overall health. Wear comfortable walking shoes.

## **Horseshoes**

**Activity #:** 73709.321

**Date:** Thursdays in October

**Where:** Miller Park

**Time:** 10:30 AM

**Cost:** \$5 per month

**Register and pay on site**

It's a great time to pitch horseshoes. The weather is cooling off and the clay is getting broken in. October will conclude our season for organized pitching on Thursday mornings. However, you can make arrangements to pitch on your own by stopping by the Miller Center and asking for a key. We will celebrate our time together by going out to lunch at the Golden Corral after pitching on Thursday, Oct. 26<sup>th</sup>.

## **Golf Get-A-Way**

### **Winton in Clifford**

**Activity #:** 73707.321

**Date:** Monday, October 9

**Departs:** 301 Grove St. @

7:45 AM Or Lowe's

Madison Heights @

8:00 AM

**Tee Time:** 9:30 AM

**Cost:** \$5 Advance, \$27.50

green fee including cart payable @ golf course

**Register & Pay \$5.00 by:** 10/6

All men and women golfers, age 55 and above are invited to join this group of recreational golfers as they travel to Clifford. The final golf outing for this season will be announced.



Otter Creek Trail Hike in September

# Knowledge Empowers



## Trends in Housing

**Date:** Tuesday, October 3  
**Where:** Templeton Center  
**Time:** 10:00 AM

Lee Rooney shares an informative look at current housing trends and available options and equipment to help you maintain your independence. Discover what changes or additions to your living quarters will ensure your mobility and safety.

## Osteoporosis: Prevention & Treatment

**Date:** Tuesday, October 10  
**Where:** Templeton Center  
**Time:** 10:30 AM

Dr. Pamela Sherman, from Piedmont Orthopedic Surgery, presents an informative look at osteoporosis. Learn more about the debilitating condition, what you can do to prevent it and how to treat the symptoms.

## Literature for Life

**Dates:** Thursday, October 12 & 26  
**Where:** Templeton Center  
**Time:** 10:30 AM

Enjoy reading and discussing great works of literature and poetry as Dr. James Campbell, recently retired Professor of English at Lynchburg College, leads this lively discussion group. A variety of classic literature will be shared in this ongoing group, which will continue to meet on the second and fourth Thursdays of each month. Younger adults are welcome to participate.

## ♠ Brush-Up on Bridge Intermediate Class

**Activity #:** 74002.310  
**Day:** Mondays  
**Begins:** October, 23  
**Where:** Templeton Center  
**Time:** 9:30 AM -11:30 AM  
**Cost:** \$20 CR; \$30 NR  
**Register & pay by:** 10/18

Instructor Ed Moldenke takes you, step-by-step, into the challenging game of bridge. This 6-week class is designed for the intermediate level players. Following each lesson, feel free to stay on at the center and practice with fellow students. Payment received after 10/18 will incur a \$5.00 late fee.

## Project Lifesaver

**Date:** Tuesday, October 17  
**Where:** College Hill  
**Time:** 11:00 AM

Alzheimer's is a difficult diagnosis for the individual and the family, too. At some point the individual with Alzheimer's may begin to wander and potentially lose their way home. What can be done to safe guard against this problem? The Sheriff's Department has implemented Project Lifesaver to assist families with this concern. Join us as Deputy Allen Bowyer explains the details of this program.

## Lynchburg Grows

**Date:** Friday, October 27  
**Where:** College Hill  
**Time:** 11:00 AM

Lynchburg Grows is an exciting new non-profit organization located on an existing 6.5 acre urban farm in the heart of the City. Community Education Director, Laura DeVan will be giving details on the organization's plans for growing roses and organic vegetables. Also, learn about how they will be providing education to schools and the public as well as workforce development and job training opportunities for disabled

and disadvantaged individuals. Laura will also be bringing a sampling of the vegetables they grow there for you to taste!

## ☎ AARP Driver Safety Program

**Activity #:** 74001.321  
**Date:** Tuesday & Wednesday,  
October 24 & 25  
**Where:** Templeton Center  
**Time:** 9:00 AM -1:00 PM  
**Cost:** \$10, Payable to AARP  
**Register by:** 10/20

This dynamic driving refresher course, geared to the older driver, enables drivers to take the road with more confidence while developing skills to enhance performance and safety. This eight-hour course not only helps drivers on the road, but also with their insurance rates. Check with your agent for details. Students must complete both days to qualify. Payment is required the day of the class. All checks must be made payable to AARP.

## ♠ Beginner Six-Week Genealogy Workshop

**Activity #:** 74003.320  
**Begins:** Wednesday, Oct 25  
**Where:** Templeton Center  
**Time:** 10:00 AM  
**Cost:** \$25 CR; \$38 NR  
**Register by:** 10/21

By popular demand we are offering another six-week genealogy workshop for those wishing to know how to start tracing their family's history. Through six classes you'll learn how to get started and avoid common mistakes. Find local resources during a tour of the Jones Memorial Library and surf the web to find online genealogy resources. We will also go to an area court clerk's office to see how to look up records and visit a graveyard. Our last class will showcase some local genealogists to learn how best to preserve and high-light our research.



For More Information Call  
455-4000



# OCTOBER 2006

## Calendar of Events

**WEEKLY TRANSPORTATION AVAILABLE TUESDAYS, WEDNESDAYS & FRIDAYS.** Call **455- 5896**, and **leave message** by noon the day prior.  
**KEY FOR LOCATIONS:**

**F - Fairview Center**  
3621 Campbell Avenue  
**JH - Jefferson House Apartments**  
1818 Langhome Square  
**MC - Miller Center**  
301 Grove Street (parking around back)

**T - Templeton Senior Center**  
225 Wiggington Road  
**CH - College Hill Center**  
809 Jackson Street  
**MB - Meadowbrook Apartments**  
1201 Long Meadows Drive

**Softball** – Heritage United Methodist Church  
582 Leesville Road  
**Volleyball** – Heritage United Methodist Church  
the  
582 Leesville Road

**Bowling** – Fort Hill Bowling Center  
**MP - Trips leaving Miller Park** meet at  
Miller Park Pool Parking Lot

**CR – City Resident**

**NR – Non-Resident**

Monday	TUESDAY	Wednesday	Thursday	Friday
2 9:30 Sit & Be Fit Exercise Video – T 9:30 Cards, Bridge and Billiards – F <b>9:30 Bridge Lesson #4 – T</b> <b>10:00 Blood Pressure Screenings - MB</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class & Games – F	3 <b>8:45 Yoga Class - T</b> <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T 10:00 Cards, Games & Billiards – CH 10:00 Trends in Housing - T 10:30 Chair Exercise – CH <b>11:00 Lively Leaves Creation - CH</b> 1:00 Bowling – FHBC 1:00 Strength & Balance Class – T 1:30 Blood Pressure Screenings - FHBC 2:00 Drawing Class with Beth - T	4 9:30 Ceramics, Cards & Billiards – F 10:00 Softball – Peaks View Park , Field 6 & 7 10:30 Line Dance #3 - F 10:30 Fairview Friends Meeting - F <b>10:45 Safety Pin Craft #2 - F</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class – F 1:00 Genealogy Workshop - T	5 <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T 10:00 Cards, Games & Billiards - T 10:30 Horseshoes – Miller Park 1:00 Strength & Balance Class – T <b>3:30 Volleyball – First Church of the Nazarene</b> Wards Ferry Road  <i>Please note Volleyball is at a different location this week only</i>	6 9:30 Sit & Be Fit Exercise Video - T 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class – F  <b>Fall Fun Day!</b> <b>11:00 AM</b> <b>Miller Park Pavilion</b>
9 <b>7:45 Golf Get-A-Way to Winton – MC</b> <b>8:00 Golf Get-A-Way to Winton – Lowes in Madison Heights</b> 9:30 Sit & Be Fit Exercise Video – T 9:30 Cards, Bridge and Billiards – F <b>9:30 Bridge Lesson # 5 – T</b> 10:00 Bingo - JH 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class & Games – F	10 8:45 Yoga Class – T <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T 10:00 College Hill Center at Templeton 1:00 Bowling – FHBC 1:00 Strength & Balance Class – T 2:00 Drawing Class with Beth - T <b>Health &amp; Wellness Fair</b> <b>10:00 AM -1:00 PM</b> <b>Templeton Senior Center</b>	11 9:30 Ceramics, Cards & Billiards – F 10:00 Softball – Peaks View Park , Field 6 & 7 <b>10:00 Blood Pressure Screenings - F</b> 10:30 Safety Pin Craft #3 – F <b>11:00 Canoe Trip - MC</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class – F 1:00 Genealogy Workshop - T <b>1:00 Free Movie Matinee – MC Auditorium</b> <b>“The Shaggy Dog”</b>	12 <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T <b>10:00 Wal-Mart Shopping with Ralph</b> <b>10:30 Doorknob Pumpkin Craft - MB</b> 10:30 Horseshoes – Miller Park <b>10:30 Literature for Life - T</b> 1:00 Strength & Balance Class – T 3:30 Volleyball – HUMC	13 9:30 Ceramics, Cards & Billiards – F 9:30 Sit & Be Fit Exercise Video – T 10:00 Cards, Games and Billiards - CH 10:30 Chair Exercise – CH <b>11:00 Musical Memories - CH</b> 11:00 Apple Orchard Trip - F 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness – F  ----- <b>Saturday 15</b> <b>Horseshoe Tournament – 2:00 PM</b> <b>Miller Park Horseshoe Pits</b>
16 <b>9:00 Advisory Council - F</b> 9:30 Sit & Be Fit Exercise Video – T 9:30 Cards, Bridge and Billiards – F <b>9:30 Bridge Lesson #6 - T</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class & Games – F 7:00 Billy Hunt Singers - JH	17 8:45 Yoga Class – T <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T <b>10:30 Halloween Goodie Bags – T</b> 10:30 Chair Exercise – CH 11:00 Project Lifesaver - CH 1:00 Bowling – FHBC 1:00 Strength & Balance Class – T <b>2:00 Drawing Class with Beth - T</b>	18 9:30 Ceramics, Cards & Billiards – F <b>10:00 Softball – Farmville</b> 10:00 Blood Pressure Screenings – F 10:30 Line Dance #4 – F <b>10:30 Safety Pin Craft #4 - F</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class – F <b>1:00 Genealogy Workshop – Jones Memorial Library</b>	19 <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T 9:30 Crazy Cat Sweatshirts – T <b>10:00 Explore Park Trip - MC</b> 10:30 Horseshoes – Miller Park 1:00 Strength & Balance Class – T <b>1:30 Potato Basket Class #1 - T</b> 3:30 Volleyball – HUMC 5:30 Covered Dish Dinner – MB <b>6:30 Autumn Game Night</b> <b>Meadowbrook Apts.</b>	20 9:30 Sit & Be Fit Exercise Video – T 9:30 Ceramics, Cards & Billiards – F 10:00 Cards, Games and Billiards – CH 10:30 Chair Exercise – CH <b>11:00 Dancercise - CH</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness – F 1:00 Scratch Art Craft - CH <b>Fall Fiesta Dance</b> <b>8:00 – 11:00</b>
23 9:30 Sit & Be Fit Exercise Video – T 9:30 Cards, Bridge and Billiards – F <b>9:30 Bridge Lesson #1 - T</b> 10:00 New Chapter Book Group – Drowsy Poet Coffee Shop @ Given's Little Dicken's Book Store <b>11:00 Couples Club - T</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class – F 2:00 The Flu & You – JH	24 <b>8:45 Yoga Class – T</b> <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> <b>9:00 AARP Driving Class #1 - T</b> 9:30 Sit & Be Fit Exercise Video – T 10:00 Cards, Games & Billiards – CH 10:00 Blood Pressure Screenings - T 10:30 Chair Exercise – CH <b>11:00 Jolly Agers' Meeting &amp; Birthday Celebration - CH</b> 11:30 Covered Dish Luncheon - T 1:00 Bowling – FHBC 1:00 Bingo - CH 1:00 Strength & Balance Class – T 2:00 Drawing Class with Beth - T	25 <b>9:00 AARP Driving Class #2 - T</b> 9:30 Ceramics, Cards & Billiards – F <b>10:00 Genealogy Workshop – Lynchburg Public Library</b> 10:00 Softball – Peaks View Park , Field 6 & 7 10:30 Blood Pressure Screenings – Peaks View Park 10:30 Line Dance #5 – F <b>10:45 Safety Pin Craft #5 - F</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class – F	26 <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T 10:30 Mahjong Club - MB 10:30 Horseshoes – Miller Park <b>10:30 Target Shopping with Ralph</b> 10:30 Literature for Life - T 1:00 Strength & Balance Class – T <b>1:30 Potato Basket Class #2 - T</b> 3:30 Volleyball- HUMC	27 9:30 Sit & Be Fit Exercise Video – T 9:30 Ceramics, Cards & Billiards – F 10:00 Cards, Games and Billiards – CH 10:30 Bingo - F 10:30 Sit Tight Exercise Program – CH 10:45 Blood Pressure Screenings – CH 11:00 Lynchburg Grows - CH <b>11:30 Golden Gourmet @ Bull's Steakhouse</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness – F  ----- <b>Saturday 28</b> <b>3:30 Ghosts &amp; More Tour - MC</b>
30 9:30 Sit & Be Fit Exercise Video – T 9:30 Cards, Bridge and Billiards – F <b>9:30 Bridge Lesson #2 - T</b> 11:30 Ladies Fitness Class – F 12:30 Easy Does It Fitness Class – F <b>2:00 Getting to Know You - JH</b>	31 8:45 Yoga Class – T <b>9:00 Walk &amp; Stretch Class – Black Water Creek Trail Ed Page Ent.</b> 9:30 Sit & Be Fit Exercise Video – T 1:00 Bowling – FHBC 1:00 Strength & Balance Class – T 2:00 Drawing with Beth – T <b>Halloween Party @ Templeton</b> <b>1:00 PM – 3:00 PM</b>	<b>🚌 Thursday Mini-bus Shopping Opportunities</b>  <b>1<sup>st</sup> Date:</b> Thursday, October 12 <sup>th</sup> <b>Where:</b> Wal-Mart (Wards Road) Time: 10:30 AM Cost: \$1.50 (payable on site) Register by: 9/13 Call: 455-5896 Shopping & lunch on your own.  <b>2<sup>nd</sup> Date:</b> Thursday, October 26 <sup>th</sup> <b>Where:</b> Target & Wards Crossing Time: 10:30 AM Cost: \$1.50 (payable on site) Register By: 9/27 Call: 455-5896 Shopping & lunch on your own.		<b>Coming Soon...</b> <b>Veteran's Appreciation Luncheon</b> <b>Friday, November 10</b> <b>1:00 PM</b> <b>Free for Veterans 55 &amp; over</b>

Happy Birthday!

- 1

Sandy Abbott  
Dora C Eubank  
Francis Ryan  
Betty Evans  
Mary Murphy  
Pat Short  
Susanne Slade
- 2

Peter Smith  
Thelma Carey  
Clayton Wade  
Frances Quigley  
Gilbert M Fariss  
Jerome Coleman  
Nancy Callahan  
Mary Jane Hawkins  
Terry Vance  
Sharlie L Kerr  
Jacqueline S. Sommer  
Jean Megginson
- 3

Audrey Gregg  
Dossie A Dinkins  
Hilda S Jordan  
Kenneth E. Martin  
Alice Verbeke
- 4

Ted Zamarelli  
Wesley White  
Donna A Donelan  
Marion Saunders  
Hilda Ashwell  
Lillian M Campbell  
Glendola Stanley  
Carolyn Meadows  
Alva S Cocke  
Cornelia Webb  
Claire Mahanes  
Patty M Hodnett  
Katie A Faulconer  
Corrine Rush  
Susan Hunt
- 6

Louise Epperson  
Dorothy Palermo  
Mildred Seacrist  
Thomas Webb  
Larry Brookman  
Marcheta Jordan
- 7

Audrey Smoot  
Betty Jones  
William C Hallstein Sr  
Al Slade  
Peggy J McLaughlin  
Linda B Dellamea  
David K Singleton
- 8

Alice Armstrong  
Keith Whitley  
Judith Harris  
Jackie Cress  
Patricia C Cain  
Richard Johnston  
Richard Beckloff
- 9

Mary Richardson  
Odessa Tolley  
Phyllis Whitten  
Evelyn B Wade  
Bill T Murphy  
Beverly Stewart  
Beverly Stuart  
Sarah Warren  
Joseph "Paul" Callahan
- 10

Doris Murphy  
Barbara H Coffin  
Gladys W Bell  
Mildred T. Bondurant  
Richard Loyd
- 11

Margaret L Lyons  
Doris L Witt  
Elder Ginger  
Yvonne Colmore  
Patricia Leftwich  
Sarah E Stephens  
Bud Orval Smith Jr  
Lynn Shelton  
Marie McCoy  
Jane Moody  
Evlyn Calvert  
Sallie Collins  
Eleanor Burby  
Helen D Kahle  
Thomas M Frasier  
Christine V Davis  
Eileen Leuschner  
Holly Perrow
- 13

John Happell  
Luther Clements  
Mary Trent  
Lucille Burley  
Jack Jones  
Marie Fitzgerald  
Elnora Butler  
Ada R Jackson  
Beverly K Bowman
- 14

James M Callahan  
Mildred Carrington  
Barbara B Hicks  
Mamie Saunders  
Laura Williams  
Loretta Henderson
- 15

Della Pendleton  
Henry Mourning  
Emmanuel Ornan
- 16

Sue Caldwell  
Sheila Modjeska  
Helen H Bridgett  
Maria Baber
- 17

Marie Hughes  
Dorothy Wilson  
Marge Buffardi  
Gladys M Martin  
Willie A Callands  
Jim Lemon
- 18

Katie Mae Martin  
Glenn Elgin  
Maria Hall  
Celia Girard  
Arthur D Saunders  
Vince Craddock  
Deborah Rosenberger
- 20

Sherwood F Smith  
Barbara Dudley  
Frank Harris  
Pat Hendrick  
Florence Harris  
Eleanor W Ballowe  
Joanne Rodgers  
Gloria Jackson
- 21

Doris Daniel  
Annie Clark  
Beryl Camden  
Diane Hall  
Melissa Mccann  
Clara Schultz  
Gary Sibey  
Joan Brooks  
Irene Fowler  
Cecil Beckman  
Dorothy Strickland  
Vivian Straley  
Nancy Purvis  
Norma Vannoy  
Jane Armistead  
Sue Pacot  
Dorothy Fellers  
Gonzella Patterson  
Rose Ostrow  
Cecily Heuslein  
Cecily Heuslein  
Thomas M Hargis  
Adelia McDew  
Della Fields  
Gracie Swain  
Mildred Dawson  
William Blankenship  
Claudia Tuggle  
Caroline S Crow  
Frances D Cunningham  
Roslyn Cheagle  
Diane Robertson  
Millie P Burdick  
Jackie Cress  
Phyllis A Floyd  
Eula Payne  
Virginia S Burford  
Martha W Wallenhorst  
William T Brunson  
Coretta Jones  
Glenda Brooks  
Mary Kluge  
John Lair  
Elizabeth N Pearson  
Norman Jones  
James Bumgarner  
Butch Tinnell  
Hillary Scott JR.  
Royal Pelletier  
Pearlie Poindexter  
Dorothy Loyd  
Elizabeth White  
Jamice Gibbons  
Elizabeth W Pearson  
Elliott Twery  
James Gresham
- 28

Winfred Trent  
Eileen Spall  
Seymour Woodnick  
Dorothy Walker  
Sandra C Rakes  
Jean A Reeves  
Judy A. Bowman  
Winifred Deane  
Jenny (Jenevie) McCoy  
Ellen Madison
- 29

Gerardo Bianco  
Maxine Whitworth  
Cecile Cloudis  
Berda Mack  
Ella H Carter  
Maxine B Laughon  
Shirley M Simcik  
Clifton E Meadows  
Cassie Bartley  
John R. Mack  
Roderick MacLoed  
Natalie Cooper  
Glenda Shurbet  
Frances Hughes  
Elizabeth C Howard  
Mary Redinger  
Edith Barley
- 31

Alfred Bishop  
Peggy Osler  
Irma Scott  
Barbara Pryor

# For Your Information

## Newsletter Donations & Volunteers

Did you know that the newsletter is mailed out to over 2,800 central Virginia area residents? The newsletter is mailed out free of charge and your donations insure that we continue to offer the monthly newsletter. Each monthly mailing costs approximately \$950! Our most recent donations were received from: Lois Blair, John Collins, Hazel Doss, Dianna Iungerich, Jeannine Pelletier, Richard Pew, Dorothy Shaner and Arlene Woodward. Thank you for your thoughtfulness and continuing support of the newsletter!



### 📌 Fall Canoe Trip on the James River

**Activity #:** 75000.321  
**Date:** Wednesday, October 11  
**Departs:** Miller Center  
**Time:** 11:00 AM to 4:30 PM  
**Cost:** CR \$15; NR \$23  
**Register and pay by:** 10/6

We had so much fun on our last canoe trip let's go again! Whether you are experienced or a novice at canoeing you will enjoy this two-mile trip on the James River in James River State Park. A park ranger will accompany us providing canoe instruction and interpretation of the area. Wear shoes and clothes that can get wet and bring a change of both in case you need them. Dress in layers according to the weather. We will picnic in the park beforehand. Cost is all inclusive.

### 📞 Apple Orchard & Lunch Trip

**Activity #:** 75000.322  
**Date:** Friday, October 13  
**Departing:** Fairview Center  
**Time:** 10:30 AM  
**Cost:** \$5  
**Register by:** 10/6

Fall is here! Hop on the van to Morris Orchard to pick up your favorite type of apple, apple butter or apple cider. Afterwards, choose from a variety of entrees from Country Cookin' in Madison Heights.

### 📌 Explore Park Trip Van Outing

**Activity #:** 75001.319  
**Date:** Thursday, October 19  
**Departs:** Miller Center rear lot  
**Time:** 10:00 AM – 4:30PM  
**Cost:** \$35 CR; \$50 NR  
**Register and pay by:** 10/4

Travel back to the past at Explore Park, an outdoor living history park near Roanoke. Explore an Indian Village of the 17<sup>th</sup> century, a fortified frontier homestead of the 18<sup>th</sup> century and a farm, schoolhouse and blacksmith shop of the 19<sup>th</sup> century. We will enjoy a special history program, "Tales at the Tavern", and dine at the Brugh Tavern for a savory lunch. Dress appropriately and wear walking shoes. Be prepared to spend about two hours on dirt roads with hilly terrain. There is a gift shop available. Cost is all inclusive except for gift shop purchases. Meet at the Miller Center rear lot.



James River Canoe Trip in August

### 📌 Ghosts & More Tour

**Activity #:** 75000.323  
**Date:** Saturday, October 28  
**Time:** 3:30 PM  
**Departs:** Miller Center  
**Cost:** \$25 CR; \$38 NR  
**Register by:** 10/13



Journey to Franklin County to hear tales of the once living performed by actors and interpreters. We'll ride an antique bus through the Town of Rocky Mount just as the sun is setting and visit areas where haunting, or at least "interesting" activities, occurred. Join us if you dare! Cost includes transportation and activity cost. Dinner is on your own.

### 📞 Golden Gourmet @ Bulls Steak House

**Activity #:** 75001.328  
**Date:** Friday, October 27  
**Where:** 1887 Graves Mill Road  
**Time:** 11:30 AM  
**Register by:** 10/25  
**Bring:** Tasteful joke, cartoon or humorous story to share

This monthly group enjoys laughing, talking, and especially trying the food offerings of area restaurants. At the popular Bulls Steakhouse this month, a widely varied and reasonably priced menu offers sandwiches, salads, steaks and seafood, not to mention appetizers and desserts. Specialties include prime rib, steaks and fajitas. There are other Tex-Mex choices, as well. All are welcomed, so see you there!



## Free Movie Matinee

### "The Shaggy Dog"

**Date:** Wednesday, October 11

**Where:** Miller Center Auditorium

**Time:** 1:00 PM

Invite a friend and enjoy a movie on the big screen without the big price! Hot-n-fresh popcorn & cold sodas are available for purchase at 25¢ each. Movie plot outline: Comedian Tim Allen becomes his own best friend in this remake of the classic Disney comedy. Retooled for contemporary audiences, the story follows harried attorney Dave Douglas (Allen), who finds himself cuddling up to his wife (Kristin Davis) and kids in his new role as the family pet. Movie genre: Comedy. Rated PG-13.

## "New Chapter" Senior Book Group

### "Digging To America"

**Activity #:** 73706.320

**Date:** Monday, October 23

**Where:** Drowsy Poet @  
Givens' Books

**Time:** 10:00 AM

**Transportation Cost:** \$2

**Register by:** 10/19

In "Digging To America," Anne Tyler tells the story of two different families, connected by adoption, getting to know each other and discovering how their differences affect their lives. Insightful and humorous, this book explores "twilight" love, being an American, and friendship. Refreshments, good discussion and fellowship are always available at this monthly meeting. Transportation is available by request.



## CREATE & CRAFT

### Lively Leaves Creation

**Date:** Tuesday, October 3

**Where:** College Hill

**Time:** 11:00AM

Have fun with foliage by having your picture taken, printed and put on leaf shapes that will be placed on a large tree display. Short questionnaires will be filled out. Enjoy learning more about current participants and make a new friend.

### Doorknob Pumpkin Craft

**Activity #:** 73601.320

**Date:** Thursday, October 12

**Where:** Meadowbrook Apts.

**Time:** 10:30 AM

**Cost:** \$1 payable on site

**Register by:** 10/9

Brighten up your entranceway with this colorful, seasonal, doorknob pumpkin. Simple and quick, this whimsical craft requires some easy detail painting. All supplies and "treats" are furnished.

### Potato Basket Class

**Activity #:** 74402.320

**Date:** Thursdays, October 19, 26 &  
November 2

**Where:** Templeton Center

**Time:** 1:30 PM – 3:30 PM

**Cost:** \$20 CR; \$30 NR

**Register & pay by:** 10/3

Create your own beautiful basket using the weaving techniques as taught by instructor, Beth Ford. All weaving supplies will be furnished. Students should bring scissors, an awl, spring type clothes pins, a towel, a large bucket, paper towels and a measuring tape. This basket is on display at 301 Grove Street.

## COUPLES CLUB♥

### The Importance of Exercise

**Activity #:** 73708.320

**Date:** Monday, October 23

**Where:** Templeton Center

**Time:** 11:00 AM

**Register by:** 10/20

All married couples are invited to share in this time of fellowship and learning on the importance of exercise at every stage of your life. Be sure to bring your bag lunch and plan to stay and enjoy the homemade dessert with drinks provided.

## Community Outreach



### Halloween Goodie Bags

**Date:** Tuesday, October 17

**Where:** Templeton Center

**Time:** 10:30 AM

Help put together a safe and fun-filled bag of goodies for the girls at the Miller Home. Please bring candies, hair accessories, make up, school supplies, trinkets, whatever! Bags will be prepared today and delivered on the 30<sup>th</sup>. If you can't be there to help assemble the bags, but would like to contribute, just drop off your items at the Center by 10/16.



### Caribbean Cruise

All aboard! The Senior Adult Program is off to the Caribbean on the Carnival Glory from April 28<sup>th</sup> through May 5<sup>th</sup>, 2007. While cruising visit Nassau, St. Thomas and St. Maarten with an optional shore excursion to St. John. For prices and registration information call 455-4000 or visit our webpage.

## SENIOR ADULT PROGRAM

Lynchburg Parks and Recreation  
301 Grove Street  
Lynchburg, VA 24501

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### Senior Program Staff

Allyson McSwain  
Lynn Fox  
Marilyn Bryant  
Heidi Reynolds  
Jamey Love  
Tamara Reynolds  
Marsha Berry  
Ralph Stinson  
Roger Kreft

Visit us online at <http://www.lyncburgva.gov/parksandrec>

Lynchburg Parks and Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering, and at least ten days prior to the class or activity. Thank you.

## Potomac Mills & IKEA Shopping

**Activity #:** 75000.331

**Date:** Wednesday, November 15

**Departs:** Miller Pool Lot

**Time:** 7 AM – 10 PM

**Cost:** \$30 CR; \$45 NR

**Register & pay by:** 11/10

This always popular charter bus trip comes just in time to help with Christmas shopping, decorating and celebrating. Most of the day will be spent at Potomac Mills, the east coast's largest shopping mall with hundreds of name brand stores and outlet prices. You will receive a shopping bag and complimentary coupons upon arrival. Then later, another stop will be made at IKEA, a fabulous discount home interior store next door. What a treat and surprise, especially if you've never been there before. Lunch at the mall and dinner at a nearby restaurant will be on your own. Snacks and beverages will be served on the bus.



## Theater Club Actors & Actresses Wanted!

Join us for our first get-together, as we get to know each other and discuss upcoming ideas and skits. No experience needed, just a desire to entertain. First class meets Monday, October 2<sup>nd</sup> @ 10:30 AM @ Templeton Senior Center. For more information call Marsha Berry at 455-5883.



## Veterans' Appreciation Luncheon

Friday, November 10<sup>th</sup>  
1:00 PM

Moose Lodge 715, 2307 Lakeside Drive  
\$4.50/Non-veterans  
Tickets on sale 10/9 thru 11/8

**Free to Veterans age 55+ who register by 11/8**

We salute the efforts of the men and women who have so proudly served our country. Join us at this annual luncheon which also includes entertainment door prizes, silent auction and a drawing for a beautiful afghan. Transportation is available to City residents who request a ride by 11/8.

Special thanks to Skipper Holt of Campbell Insurance for his financial support of this event.



## Chess Players Wanted!

Do you like to play chess? We would like to start a Senior Adult Chess Club which would meet at the various Centers for friendly play. The group would also meet at James River Day School and compete with their student chess enthusiasts. Call 455-4000 if you are interested.